



The Enrichment Center of Lee County

Lee County Senior Services

***A North Carolina Certified Senior Center of Excellence
Serving Boomers, Seniors and Caregivers***

1615 South Third Street, Sanford North Carolina 27330

919.776.0501 FAX 919.774.7593

enrichment.center@leecountync.gov www.leecountync.gov/ec

Business Hours: Monday—Thursday 8 am—8 pm

Friday 8 am— 5 pm

*The mission of Lee County Senior Services
is to fashion an achievable vision of successful aging in Lee County.*

The Enrichment Center is a public facility housing Lee County Senior Services, County of Lee Transit System and Veterans Services. The Center is a focal point in the community where patrons access services and engage in activities. Programming at the Center is intergenerational with an emphasis on community betterment through involvement. We offer a variety of innovative programs: educational, entertaining, fitness, health and wellness.

EDUCATIONAL OFFERINGS—Life long learning is essential for maintaining a zestful life. The Enrichment Center offers many challenging opportunities. Classes vary from topics concerning financial planning and insurance to driver's refresher, art classes, current events, and dancing. Participants keep Center staff inspired with their innovative ideas for continuing education.

Enrichment Center Staff are available to make presentations on topics related to aging for area groups, agencies and employers. Marketing assistance is available to small businesses that wish to attract mature consumers. Industrial, business, faith community and agency/organization partnerships are welcome.

SERVICES—Lee County Senior Services has been providing quality services for over twenty-five years in the Sanford area. Among the many services offered at the Center are:

❖ Powerful Tools Training for Family Caregivers ❖ Nutritionally Balanced Meals ❖ Home Delivered Meals
❖ Transportation ❖ Volunteer Opportunities ❖ Resources for Family Caregivers ❖ Information & Referral
❖ Home Repair ❖ Insurance Counseling ❖ Tax Assistance ❖ Advance Directives/Healthcare POA & Living
Wills ❖ Support Groups ❖ Indigent Programs ❖ Resource Library ❖ Notary Public ❖ Senior Games
❖ Community Outreach ❖ Grandparent Support ❖ Aging Provider Network ❖ Public Access Computers
❖ Wireless Internet ❖ EC Phone Connections ❖ Community Events Information ❖ Employment/Training
Information

ACTIVITIES—The Center provides a wide variety of entertaining activities. Card parties, games, dances, trips, drop in activities and regularly scheduled special events are part of the weekly fare. Participants and the general public work with staff to develop innovative Center programming.

FITNESS—Fitness is central to many of the programs offered at the Center. Wellness programs include yoga, aerobic exercises, water aerobics and an equipped fitness room. A fitness trainer is available Monday through Friday from 8:00 a.m. until noon and Monday through Thursday from 4:00 p.m. until 8:00 p.m.

Center staff work with area health care professionals to offer health fairs; health education self-care seminars; healthy eating cooking classes and disease prevention classes.

20 AUG 2010

Wellness Works!



*Fitness Programs Held at the Enrichment Center
Lee County Senior Services*

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1615 S. Third Street, Sanford, NC 27330 Phone: (919) 776-0501 FAX (919) 774-7593
E-mail: enrichment.center@leecountync.gov Internet: www.leecountync.gov/ec
To register or receive further details and guidelines, please give us a call or stop by The Center.
Consult a physician before beginning an exercise program.*

Attention Boomers, those born 1946 – 1964, you are invited to use our fitness programs!
All adults are welcome to fill available spaces.

We Have Something for Every"BODY". Try a Class for FREE!

Low Impact Aerobics & Toning Classes

\$10 per month.
Tuesday/Thursday 9:00 a.m.
Monday/Wednesday 5:30 p.m.

Stretch & Tone

Tuesday/Thursday 11:00 a.m. No Charge.

The Fitness Room

Monday—Thursday 7:30 a.m. – 8:00 p.m.
Friday 7:30 a.m. – 5:00 p.m.
\$1.00 per daily visit – Equipment orientation required.

Walking Trail – ¼ mile around the perimeter of the property. No Charge.

Fitness Yoga

Mondays 8:00 a.m. **OR** Tuesdays 5:30 p.m. **OR** Fridays 8:30 a.m.
\$15 per month/one class per week.

Senior Games & Silver Arts of Lee County

Held every spring offering athletic & artistic events. State Finals held in the fall.
Senior Games & Silver Arts are open to Lee County residents age 55 and better.

In addition, we offer shuffleboard, horseshoes, bocce and table tennis!

Wellness Programs Offered—Call for class dates and times.

A Matter of Balance—A program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

Living Healthy—A program for people with one or more chronic health conditions (e.g. heart disease, high blood pressure, diabetes, arthritis) that provides participants with skills and tools to gain more control of their health.

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